



VIRTUAL MENTAL HEALTH FIRST AID RESOURCES

DEPRESSION

- MIND TOOLS
- WOEBOT HEALTH
- TED TALK: DEPRESSION

ANXIETY & TRAUMA

- *ROOTD APP*
- *CONCUSSION COACH APP*
- *MINDSHIFT ANXIETY APP*

SUBSTANCE USE

- *THE ADDICTED MIND PODCAST*
- *SOBER GRID*
- *CAMP WIDOW*
- *GUIDELINES FOR RECOVERY-ORIENTED PRACTICE*
- *TED TALK: ADDICTION*

SUICIDE & SAFETY

- SAFETY PLANNING IDEA BANK
- *ROLE PLAY CONVERSATION*

LANGUAGE

- *SAFER LANGUAGE REFERENCE GUIDE*

VMHFA VIDEO LINKS

- *MODULE 2: ANXIETY VIDEO*
- *MODULE 3: GOLDEN GATE BRIDGE*

MORE RESOURCES

- *BRIDGES HEALTH*



24-7 NATIONAL RESOURCES

FIRE/AMBULANCE/POLICE

9-1-1

PROFESSIONAL HEALTH ADVICE

8-1-1

CRISIS SERVICES CANADA

SUICIDE PREVENTION & SUPPORT

1-866-456-4566

KIDS HELP PHONE CANADA

1-800-668-6868

or Text CONNECT to 686868